

# HUBUNGAN PENGETAHUAN GIZI SEIMBANG TERHADAP INDEKS MASSA TUBUH (IMT) MAHASISWI PROGRAM STUDI MANAJEMEN UNIVERSITAS JENDERAL ACHMAD YANI YOGYAKARTA

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## INTISARI

**Latar Belakang:** Masalah gizi pada remaja masih menjadi perhatian global, Prevelensi status gizi remaja di Indonesia berdasarkan kategori indeks massa tubuh (IMT) adalah 21,7 juta (7,8%) kurus, 151,6 juta (54,4%) normal, dan 39,8 juta (14,3%) mengalami kelebihan berat badan. Kota Yogyakarta mencatat angka prevelensi obesitas yang lebih tinggi 3.1 ribu (4,81%), gizi kurus 6,9 ribu (10,58%), dan sangat kurus 2,5 ribu (3,93%). Penyebab gizi buruk pada remaja yaitu minimnya pemahaman tentang gizi dapat menghambat remaja dalam mempraktikkan kebiasaan makan yang sehat dan seimbang setiap harinya. Meningkatkan status gizi remaja yaitu mengonsumsi berbagai jenis makanan, perilaku hidup sehat dan bersih, aktifitas fisik teratur, dan menjaga berat badan tetap ideal.

**Tujuan:** Untuk mengetahui hubungan pengetahuan gizi seimbang terhadap indeks massa tubuh (IMT) mahasiswa program studi manajemen Universitas Jenderal Achmad Yani Yogyakarta.

**Metode Penelitian:** Metode penelitian ini bersifat kuantitatif dengan desain *cross-sectional* dengan teknik *random sampling* sebanyak 31 responden, pengukuran pengetahuan gizi seimbang menggunakan kuesioner dan data indeks massa tubuh (IMT). Analisis univariat menggunakan uji distribusi frekuensi, analisis data menggunakan uji *Spearman-rho* dengan SPSS.

**Hasil:** Hasil statistik uji Spearman-rho didapatkan nilai  $p\text{-value} = 0,000$  ( $p < 0,05$ ). Maka  $H_a$  diterima dan  $H_0$  ditolak, dengan nilai  $r = 0,866$  yaitu arah korelasi sangat kuat. Nilai  $r$  positif artinya semakin rendah pengetahuan gizi seimbang maka semakin buruk indeks massa tubuh (IMT).

**Kesimpulan:** Terdapat hubungan pengetahuan gizi seimbang terhadap indeks massa tubuh (IMT) mahasiswa program studi manajemen Universitas Jenderal Achmad Yani Yogyakarta.

Kata kunci: Indeks Massa Tubuh, Pengetahuan Gizi Seimbang, Remaja

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# **The Relationship between Balanced Nutrition Knowledge and Body Mass Index (BMI) among Female Students of the Management Study Program, Jenderal Achmad Yani University, Yogyakarta**

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## **ABSTRACT**

**Background:** Nutritional problems in adolescents are still a global concern. The prevalence of nutritional status of adolescents in Indonesia based on the body mass index (BMI) category is 21.7 million (7.8%) underweight, 151.6 million (54.4%) normal, and 39.8 million (14.3%) overweight. Yogyakarta City recorded a higher prevalence of obesity of 3.1 thousand (4.81%), underweight 6.9 thousand (10.58%), and very thin 2.5 thousand (3.93%). The cause of malnutrition in adolescents is the lack of understanding of nutrition which can hinder adolescents in practicing healthy and balanced eating habits every day. Improving the nutritional status of adolescents is consuming various types of food, healthy and clean living behaviors, regular physical activity, and maintaining ideal body weight.

**Objective:** To determine the relationship between knowledge of balanced nutrition and the body mass index (BMI) of female management study program students at Jenderal Achmad Yani University, Yogyakarta.

**Methods:** This research method is quantitative, with a cross-sectional design and random sampling technique for 31 respondents. Knowledge of balanced nutrition was measured using a questionnaire and body mass index (BMI) data. Univariate analysis used a frequency distribution test, and data analysis used the Spearman-rho test with SPSS.

**Results:** The Spearman-rho test statistical results obtained a p-value of 0.000 ( $p < 0.05$ ). Therefore,  $H_a$  is accepted and  $H_o$  is rejected, with an r value of 0.866, indicating a very strong correlation. A positive r value means that the lower the knowledge of balanced nutrition, the worse the body mass index (BMI).

**Kesimpulan:** There is a relationship between knowledge of balanced nutrition and the body mass index (BMI) of female students in the management study program at Jenderal Achmad Yani University, Yogyakarta.

Keywords: Body Mass Index, Balanced Nutrition Knowledge, Adolescents

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